

Greek Salad with Chicken

Ingredients

- 8 cups romaine lettuce
- 1 cup tomatoes
- 2-1/3 cup cucumber
- 2/3 cup red onions
- 1 cup green bell peppers
- 4 whole grain breaded chicken breasts
- 1 cup olives
- 1-1/4 cup shredded mozzarella cheese, low fat

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 417 calories, 22.27 g fat, 5.77 g saturated fat, 728 mg sodium, 29.72 g carbohydrate, 7.13 g fiber, 5 g sugar, 27.64 g protein

Directions

1. Chop romaine lettuce into 3/4 inch strips. Chop tomatoes, cucumber, onions, and peppers.
2. Place chicken on a 18 x 13 inch tray and bake in oven at 350° F for 15 minutes or until internal temperature reaches 165° F. Let cool.
3. Layer salad in order of ingredients into individual bowls using 2 cups of romaine lettuce for each salad.
4. Place one chicken breast on top of each salad then top with olives and cheese.

